



PITYRIASIS ALBA

What is Pityriasis Alba?

Pityriasis alba is a common skin condition in children and teenagers. Typically, patchy areas of lighter skin color appear on the face, upper arms, neck, or shoulders.

What causes PR?

The cause is unknown. It may be related to dry skin. It is not contagious.

How long will it last?

The lighter patches of skin are more common in the summer because sunlight makes them more apparent, but they can occur at any time of the year. They usually last for several months. Eventually, the skin color returns to normal.

What is the treatment?

In general, treatment is not necessary because the condition is harmless and disappears by itself.

- A moisturizing lotion such as Lubriderm or Cetaphil may help prevent new patches from appearing.
- Hydrocortisone 1% cream (no prescription necessary) applied once or twice a day to the lighter patches may help them go away a little more quickly. Do not use the hydrocortisone cream or other topical steroid creams on the face for longer than 6 to 8 weeks.
- Once the skin has returned to normal, stop using the hydrocortisone but continue to use a moisturizer to help decrease the chance that the patches will reappear.